



16. Lorsch Triathlon

Lorsch / 11.08.2019

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Lixfeld, Markus

000: 1:14:35

00: 109

00: 25.50 km

Lorsch Triathlon 0,5-20,0-5,0

00000/000: 109 (of 353)

00000/0: 101 (of 269)

000000: 57:23

0000:

00000: 22(of 55)

Senioren 2 (TM 45)

0000000: 1:03:12

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	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Schwimmen nett	0.50	13:17	26:33	50	4:46	226	6:18	0.50	13:17	26:33	56	4:46	269	6:18
Wechsel S -> R	-	3:22	-	50	1:45	212	2:06	0.50	16:39	33:17	56	6:03	268	8:24
Schwimmen 000	0.50	16:39	33:17	56	6:03	268	8:24	0.50	16:39	33:17	56	6:03	268	8:24
Kontrolle Rad	6.00	11:18	1:53	20	1:19	85	2:04	6.50	27:57	4:17	56	6:52	268	9:14
Kontrolle Rad	8.00	14:01	1:45	25	1:34	106	2:14	14.50	41:58	2:53	56	8:25	267	10:23
Rad Ziel	6.00	10:09	1:41	17	0:54	82	1:36	20.50	52:07	2:32	56	9:17	268	11:28
Rad 0	20.00	35:28	1:46	1	26:13	1	26:55	20.50	52:07	2:32	56	9:17	268	11:28
Wechsel R -> L	-	1:18	-	43	0:46	183	0:46	20.50	53:25	2:36	56	9:54	268	12:06
Rad 000	20.00	36:46	1:50	24	4:15	100	6:21	20.50	53:25	2:36	56	9:54	268	12:06
Kontrolle Lauf	2.40	10:32	4:23	11	1:14	45	2:42	22.90	1:03:57	2:47	56	10:36	265	14:48
Lauf Ziel	2.60	10:38	4:05	7	0:52	32	2:24	25.50	1:14:35	2:55	22	11:23	101	17:12
Lauf 000	5.00	21:10	4:14	9	2:04	36	5:06	25.50	1:14:35	2:55	22	11:23	101	17:12